

# SUMMARY SHEET

CRER 137  
Eric Larson - Instructor

NAME: \_\_\_\_\_

## INTERESTS

1. My 3-letter code from *THE PARTY* exercise is: \_\_\_\_\_

2. My 3-letter code from the *SELF-DIRECTED SEARCH* is: \_\_\_\_\_

The three most interesting occupations are:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

3. My 3-letter code from the *STRONG INTEREST INVENTORY* is: \_\_\_\_\_

My top four *Basic Interest Scales*:

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

My top eight *Occupational Scales*:

1. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 6. \_\_\_\_\_  
3. \_\_\_\_\_ 7. \_\_\_\_\_  
4. \_\_\_\_\_ 8. \_\_\_\_\_

4. Based on the results above, and from what I know about myself, I feel the most accurate 3-letter code for me would be:

\_\_\_\_\_

## VALUES

5. From the *VALUES CARD SORT*, my top eight values are:

1. \_\_\_\_\_ 5. \_\_\_\_\_  
2. \_\_\_\_\_ 6. \_\_\_\_\_  
3. \_\_\_\_\_ 7. \_\_\_\_\_  
4. \_\_\_\_\_ 8. \_\_\_\_\_

**SKILLS AND APTITUDES**

6 From the *MOTIVATED SKILLS CARD SORT*, my 8 top skills are:

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

7. My preference for working with *DATA*, *PEOPLE* and *THINGS* (*Write in the words*):

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

8. My preference for the three *LEARNING CHANNELS*, (*Visual, Auditory and Touch/Movement - write in the words*):

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

9. The top six *PERSONAL STRENGTHS* that best describe me are:

- |    |    |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

10 My *Stanine* (1 - 9) Scores from the eight skills areas of the *CAPS* are:

- |          |          |            |            |
|----------|----------|------------|------------|
| MR _____ | SR _____ | VR _____   | NA _____   |
| LU _____ | WK _____ | PS&A _____ | MS&D _____ |

11. My top three *Careers* from the *CAPS* are:

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

**PERSONALITY**

12. My *MYERS-BRIGGS Personality Type* is: \_\_\_\_\_

13. On a separate sheet of paper write a summary, in your own words, describing your Myers-Briggs Personality Type and explaining whether or not you feel it is accurate for you.

**SUMMARY**

14. From what you have learned about yourself, describe, on a separate sheet of paper, some of the most important things a career must offer you.

15. What is your *NEXT STEP* in the career/life planning process? Be specific if possible. Describe in detail how you will accomplish it.